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Friday FACTS

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"Leadership, Partnership, and Championship"

Women and Smoking A Report of the Surgeon General-2001

The Surgeon General has released the publication **Women and Smoking**. The report may be accessed at http://www.cdc.gov/tobacco/sqr_forwomen.htm The publication highlights include messages by both Dr. Satcher and Secretary of Health and Human Services Tommy Thompson, new fact sheets, as well as a summary.

Tobacco Reference Guide

Dr. David Moyer (Captain, M.C. Ret) has a new revised edition of the Tobacco Reference Guide. The book offers interesting quotations, facts and information about Tobacco. The cost for the Guide is \$10. Dr. Moyer may be contacted at dbmmd@aol.com

Diabetes: Do you need to lose weight?

Being overweight is by far the greatest risk factor for type 2 diabetes. Between 80 percent and 90 percent of people who develop this type of diabetes are overweight. By contrast, most people with type 1 diabetes are at or below their ideal weight.

Why is weight such an important factor? Fat alters how your body cells respond to the hormone insulin. It causes them to become more resistant to insulin's effects, reducing the amount of sugar the hormone is able to transport from your blood to your cells. More sugar remains in your bloodstream, increasing your blood sugar level.

The good news is that you can reverse this process. As you lose weight, your cells become more responsive to insulin, allowing it to do its job. For some people with type 2 diabetes, losing weight is all that's necessary to control their diabetes and return their blood sugar to normal. And the amount of weight loss doesn't have to be extreme. A modest weight loss of 10 to 20 pounds, or 5 percent to 10 percent of your weight, can lower your blood sugar level, as well as reduce your blood pressure and blood cholesterol levels. For more information visit <http://www.mayoclinic.com/home?id=DA00016>

More on Youth Prevention..an article on Preventing Street Gang Violence from the American Family Physician is at <http://www.aafp.org/Fp/990415ap/medicine.html>

Crews Into Shape winner's will be announced next Friday.

Pediatricians and Tobacco

A recent article in *Pediatrics*, Vol. 106 No.5 November 2000 has looked at the roles of Pediatricians in the prevention and treatment of tobacco, encouraging those who use to quit, and the issue of environmental smoke. The article is at <http://www.pediatrics.org/cgi/content/full/106/5/e66>

The DoD Health Promotion and Prevention site..

is located at <http://www.tricare.osd.mil/hpp> The site has links to the DoD Prevention, Safety, and Health Promotion Council. The committees which are part of the Council on Sexually Transmitted Disease are Injury/Occupational Illness Prevention, Alcohol Abuse and Tobacco use Reduction, Joint Preventive Medicine, and Put Prevention Into Practice.

*"Though we travel
the world over to
find the beautiful,
we must carry it
with us or we find
it not."*

- Ralph Waldo Emerson

WANTED

Anyone wanting to **share a room** at the DoD Population Health & Health Promotion Conference?

There is an Army Dietician requesting to share room expenses for the nights of 15-17 May at the Town & Country Resort & Conference Center, for the DoD Conference. If interested, please E-mail Sally Vickers at Mailto:vickerss@nehc.med.navy.mil